



Summer loving: Zumo's tropical treats are perfect for hot sunny days

Zumo juice bars ACROSS EUROPE

zumobars.com

Zumo bars began springing up in Europe during the juice craze of the early 2000s, and this pioneering company now has stores in more than 10 countries, including the UK, France and Germany. What's all the fuss about? From the scrumptious Caribbean Sun Splash to the refreshing Mexican Cooler, you'll find the perfect drink to quench your summer thirst. If you're feeling a bit peckish, you can tuck into a wholesome yoghurt or fruit salad as a perfect accompaniment to your juice. All bars also offer warming vegetable soups, for when summer's but a distant memory.

Pascucci Frullati ROME

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Berry good: Pascucci Frullati's smoothies are a Rome institution

The juice revolution may have taken hold across the continent, but the Romans can still lay claim to doing what they do best: being first. While the rest of the world succumbed to the Great Depression of the 1930s, Rome's inhabitants were stewing in juices of a different kind – drinking their troubles away against the backdrop of the enigmatic ruins of Largo di Torre Argentina at Pascucci Frullati, one of the oldest juice bars in the world. The bar's colourful interior is revealed upon entry through a small, understated door that's easy to miss. Once inside, you'll encounter all manner of fruity goodness, with refreshing tropical treats including the simply delicious coconut smoothie. The owners like to say that Pascucci is the only place in Rome where summer never ends...



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Get your five-a-day the easy way

Smoothie operator

Craving a splash of summer at home? It's easy to create your own delicious juices and smoothies – try these avocado-based recipes for a cool twist on the classics

Smashing Avocado (smoothie)

- ½ ripe avocado
- 1 banana
- 6 strawberries
- ½ cup cow's milk
- ½ cup of almond milk
- pinch of ground cardamom

Mash the avocado and banana on a plate and place the mixture into a blender with the strawberries. Add the milk and blend lightly, then add the almond milk and the cardamom. Blend until smooth and enjoy!

The Green Eyed Monster (juice)

- 1 green apple, chopped
- ¼ cucumber, chopped
- 1 cup apple juice
- 1 medium avocado, mashed
- 1 ripe pear, chopped
- 2 sprigs mint leaves
- 1½ tsp lime juice

Blend the apple and the cucumber with the apple juice, then add the rest of the ingredients and blend until smooth.